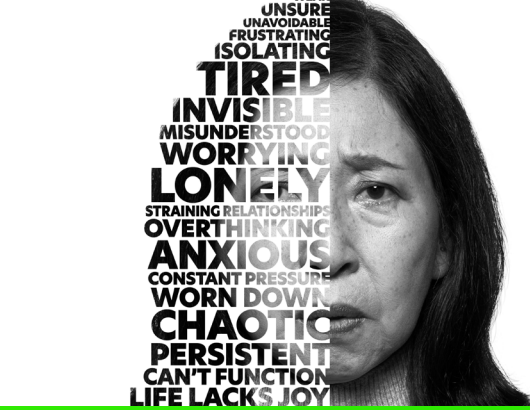


UNSURE
UNAVOIDABLE
FRUSTRATING
ISOLATING
TIRED
INVISIBLE
MISUNDERSTOOD
WORRYING
LONELY
STRAINING RELATIONSHIPS
OVERTHINKING
ANXIOUS
CONSTANT PRESSURE
WORN DOWN
CHAOTIC
PERSISTENT
CAN'T FUNCTION
LIFE LACKS JOY



Assessing the risks

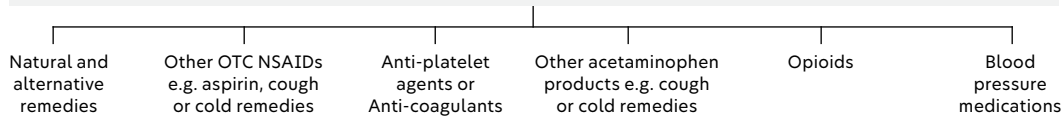
Pain is the most common reason for people to seek help from a healthcare professional. OTC treatments can offer effective pain relief. But it's important to assess a patient for potential risks before making any recommendations.

What to ask.

01 How would you rate your current overall health?
It's important to understand currently how your patient is feeling to get a baseline of their health¹

02 Are there any conditions that you have been diagnosed with?
Watch out for some of the following conditions such as liver disease, kidney disease, GI complications, and any recent illness:^{2,3}

03 What other medications are you taking?
Make sure you get a full picture of all the other medications, prescription and OTC, that a patient is taking.^{2,3}



04 What do you do proactively to support your health such as exercising and eating healthy in addition to limiting smoking, drinking alcohol or recreational drug use?
If yes, ask how much and how often.²

Considerations for recommending OTC pain medications.

Why? Because they may not proactively offer their assessment of their health so you may need to ask the question.

Why? Because these conditions and the medications taken to treat them can raise the risk of complications.

Why? To avoid over medication and drug interactions.

Tip: Use brand names as patients may not know generic names

Why? Because this will help you understand their other lifestyle activities that may impact their overall health.

Things to remember

- OTC pain medications are a safe, easily accessible, and effective first-line treatment option for many types of pain
- After recommending a pain relief product, assess the results and adjust dosage and/or treatment options as needed
- Collect medical history to evaluate risks and prescribe appropriately based on the individual patient
- Balance both non-pharmacological treatment options with pharmacological options for the best clinical outcomes
- If pain doesn't improve, advise patients to return for a follow-up visit⁴

References: 1. The Pharmaceutical Journal. 2021. How to conduct an effective joint pain management consultation in a community pharmacy setting - The Pharmaceutical Journal. Available at: https://pharmaceutical-journal.com/article/ld/how-to-conduct-an-effective-joint-pain-management-consultation-in-a-community-pharmacy-setting#fn_link_4. Last accessed November 2022. 2. Barkin RL. Pharmacist's evolving role in the nonopioid, over-the-counter, analgesic selection process. *Am J Ther.* 2015;22(6):423-30. 3. Varrassi G, Pergolizzi JV, Dowling P, Paladini A. Ibuprofen Safety at the Golden Anniversary: Are all NSAIDs the Same? A Narrative Review. *Adv Ther.* 2020;37(1):61-82. 4. Hunt RH, Choquette D, Craig BN, et al. Approach to managing musculoskeletal pain: acetaminophen, cyclooxygenase-2 inhibitors, or traditional NSAIDs?. *Can Fam Physician.* 2007;53(7):1177-84. 5. Mayo Clinic. 2020. Helicobacter pylori (H. pylori) infection. Available at: <https://www.mayoclinic.org/diseases-conditions/h-pylori/symptoms-causes/syc-20356171>. Last accessed November 2022. 6. Federal Drug Administration. 2016. Medication Guide for Nonsteroidal Anti-inflammatory Drugs (NSAIDs). Available at: <https://www.fda.gov/media/72932/download>. Last accessed November 2022.

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PM-US-ADV-23-00442

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